

# SERENITY

ENTERTAINMENT

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*Presenting The Living Light philosophy and  
features of interest to spiritually-minded people.*



VOLUME X, No. 1

JANUARY 1981

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## *Questions and Answers*

*by Richard P. Goodwin*

QUESTION: What are the laws, please, governing twinship and other multiple births of souls?

ANSWER: Well, that is indeed a long discussion. I will try to make it as brief as possible. You hear in this world about so-called identical twins. They are not identical. There are no two forms that you will ever experience, be it a plant, a tree, a human, or a rock, that is, in truth, identical. They may appear to be identical but they are not for that is contrary to the law of individualization. There are no two forms, whether those forms are created by the divine laws of nature or whether those are forms created by man, there are, and never will be, any two forms that are identical.

QUESTION: What are the best ways of helping self and others in being a fruitful citizen in community and broader society?

ANSWER: When one is no longer concerned



## QUESTIONS & ANSWERS

about helping oneself, and I'm sure we will all agree, frequently agree, that we haven't done too well about helping self. When we're interested in helping another we are freed from the concern of helping self and in so doing we are helped by the only intelligence that really knows how to help us--and that's called, in Spiritualism, the Infinite Intelligence, or God.

QUESTION: When you die, do you always see your loved ones from earth that have gone before you to heaven, and have some already reincarnated?

ANSWER: Well, in reference, when you pass from this physical body, for the physical body returns to the elements from whence it was composed, and man calls that death, no. There is no guarantee that you will see the loved ones that you knew while on earth. That is entirely dependent upon your own evolution. If you have evolved to the plane of consciousness on which your loved ones reside, then of course you will reside with them. It is true, however, that many of those who have passed to the other world before us will descend to these other dimensions, lowering their vibration to greet us as we cross over from this blind, earthly world into an awakening world of our spirit. But, there is no guarantee. That is ever dependent upon our own efforts to evolve ourselves.

QUESTION: Sometimes I am absolutely certain I am in principle, but after counseling or discussion, I see that what seemed to be principle is actually personality. How can a person learn to perceive correctly when it is principle and  
(continued page 5)

# A WANDERER

*in the*

# SPIRIT LANDS

*by Franchezzo*

## MATERIALIZATION OF SPIRITS

### CHAPTER XXX

*Continued from last issue--*

"Here let me remark as to 'Auras,' that the constituent elements of the auras of the different sitters at a seance have quite as much effect upon the materialization as has that of the medium. Sometimes the chemical elements in the aura of one sitter do not amalgamate or blend thoroughly with those of some other sitter present, and this want of harmony prevents any materialization taking place at all. In extreme cases these antagonistic elements act so strongly in opposition to each other and are so repellent in their effects upon the atoms collected, that they act as a spiritual explosive which scatters the atoms as dynamite shatters a solid wall.

"This antagonism has nothing whatever to do with the moral or mental conditions of such persons. They may both be in all respects most estimable, earnest people, but they should never sit in the same circle and never be brought into magnetic contact, since their auras could never blend, and only general disappointment can result from any attempt to harmonize them. Although, apart, they might each attain satisfactory enough results, they never could do so in any attempt in combination.

## QUESTIONS & ANSWERS

*continued from page 3*  
when it is personality?

ANSWER: By not making the judgment that they are certain that they are in principle. Because, if you are in principle, number 1, you are not concerned about principle, and number 2, you are not making the judgment that you are in principle, because being in principle, truth, which is principle, needs no defense.

QUESTION: It is stated, that as we evolve upon the path of light, that the temptations from the world of creation will tempt us even stronger to leave the light, yet I have found that the experiences I have had have not been as profound within my consciousness to keep me tied to creation, as when I first started studying this philosophy. Will you please clarify in what way the temptations are stronger?

ANSWER: Well, to clarify to the questioner, who already appears from the statement to be well illumined, would be for me most difficult I think; however, whenever we make any effort to achieve any goal in life, whether it's playing basketball, or golf, or anything, we are often distracted from the goal that we have set for ourself. It is the very nature of the human mind to attract through attention many things into its sphere of action. As you walk down the street, headed for a particular store, on a particular goal, to do a particular thing, your mind is constantly filled with many thoughts, many distractions, having nothing whatsoever to do with going to the store and purchasing whatever it is you have chosen to

*(continued page 7)*



## Visitors' Views



"This service gave me peace and hope and inspiration." --W.S.

"I didn't know that such a spirit existed and I'm very impressed. After my talk with the spirit I am no longer sceptical about my present and future life and I want to come every Sunday and learn more." -- J.

"Singing was beautiful. The healing very peace giving. The reading was very intuitive, encouraging and humorous." --G.G.

"I think it was a very good experience, and I'm really looking forward to coming back. I think I can really learn a lot. Yours thankfully." --P.J.

"Enjoyed the spiritual gathering and the sense of humor that penetrated the soul. Much thanks for your courtesy and thoughtfulness."--R

"I enjoyed your service very much. I like your beliefs and appreciate what you do. Thank you."

"I enjoyed coming here this morning. I will come again."--C.B.



## QUESTIONS & ANSWERS

*continued from page 5*

purchase. And so it is, that same principle that applies to this mundane, earthly world, applies to our spiritual endeavours to attain the goals that we have set for ourself. The temptation is a process that is taking place within us. We think that we are tempted from without. We think that it is the various experiences in life out there in creation that is calling and tempting us, but that is far from the truth. That out there, is ever the effect. Our bodies, our minds, and our physical bodies, and our astral bodies are composed of the substance of this planet, and therefore, we being a part of all that this planet has to offer are tempted inside of ourself. There is one word that I have found in my life that is most unattractive to most all people -- and that word simply is called "discipline" and personal responsibility. Everything that we seek, we alone must pay for. Often we don't like the price tag, but if we don't like the price tag of the things we desire, then we should consider something that is more reasonable for us and grow perhaps, a bit more slowly. When we accept personal responsibility for all experiences in our life, we establish the very law by which freedom and abundant good can be experienced by us. But because of many years of habit, of giving power and control to things outside -- to so-called circumstances, to so-called accidents, because of that habit pattern it takes great effort, moment by moment effort, to remind ourself that we indeed are the captains of our ship, that we alone are the masters of our destiny, that God, the Infinite Intelligence, will sustain, and does sustain, any and every thought that we

*(continued page 9)*

# *Views*

## *Our Heavenly Home*

*by Andrew Jackson Davis*

### *Chapter XI.*

#### *REMARKABLE PLACES IN THE SUMMERLAND*

*Continued from last issue--*

A glorious stream of living water called Lustrade, with its four beautiful tributaries named (1) Gedor (meaning a mountain city), (2) Palesto (meaning a country of the east), (3) Esus (meaning the goddess), (4) Al-namon (meaning unrestricted communion)--giving the impression that this country, which holds in its very heart this "river Jordan" and these streaming fountains of "Eden," is in very truth the holy land of the most happy immortals.

From this wise Brotherhood--whose numerous associations and consociations are distributed over such an expanse of celestial country, the Earth's inhabitants have received the greatest benefits and most bountiful blessings. These have been showered upon mankind continuously, from their very earliest beginnings. Delegates and members of this Brotherhood were constituents of "The Spiritual Congress"--the most illustrious friends of one

## QUESTIONS & ANSWERS

*continued from page 7*

choose to have. But no one thinks for us when we accept personal responsibility. No one controls us when we accept personal responsibility. We are successful, all of us, whether we like the success we have or not is our personal choice. If we look outside and we see that others and what we judge their success to be is desirable for us, because we judge we don't have it--then we do not see how successful we really are.

QUESTION: How do you set new laws into motion?

ANSWER: A law set into motion in the mental world and the physical world in which you live, and are most aware, is set into motion by our own attitude. For vibration, of which all things are in truth, is attitude of mind. Our attitude of mind is our rate of vibration. Now our rate of vibration can be easily viewed by those who see into the astral realms in which the aura expresses itself. They can be seen by various colors. Now, our vibration changes according to the changes of our attitude which create our emotions, our thoughts, and thought patterns. They create this attitude in this aura of ours. Now, like attracts like in the universe, and becomes the law of attachment; therefore, all of our experiences are the light in our world revealing to us what we are sending out. Now whatever goes out from our aura is what we experience back. If we want new experiences, then the very simple way is to have new attitudes. But if we are not willing to have new attitudes, then we are not going to have new experiences. We are only going to repeat the experiences of

*(continued page 13)*



## nvocation

Thank Thee, Lord, for the help to view  
What is true in what I think and do.

## eading

Whenever you think you have done enough, you have yet to begin. Sometimes it is easy to fall into a pattern of mind that views in such a limited way that it cannot see the path ahead. It can only view where it has been, and how much has been done. This level is the early stage of discouragement, it is what social scientists call "burn out," and psychiatrists call depression. The early warnings are "haven't I done enough," "I can't possibly do more," and "this is it." These attitudes are the beginnings of a worsening situation and they signal that we have yet to begin to correct the thoughts which are taking control. There is no gratitude for all that has been accomplished there is no enthusiasm for the experiences to come, and there certainly is no acceptance of a greater authority or consideration for anything but the self--the thought of "I."

We have placed ourself, our image of ourself, into a position of greater importance than the expression of our true purpose in life. If we can but accept that things will work out if we get our selfish thoughts out of the way, then we will return to the divine flow, to the source of all.

## enediction

Oh God, may I be  
Constantly reminding me  
Of my responsibility.

# Today's View of Past Frontiers

## SPIRITUALISM AND SPIRITISM

by Palmer Emerson

Article taken from CENTENNIAL BOOK OF  
MODERN SPIRITUALISM IN AMERICA

Continued from last issue--

In all countries, in all ages, in all struggles, there have been somewhere these moments of silent grandeur -- where the inspired human spirit has risen to the divine, and established its holy of holies. There the low, the mean, is shut out. There, "Peace! be still," quiets the angry discord. There, unworthy compromise has vanished and the ideal reigns alone. Tumult has receded afar. The still small voice tunes in on God. Retire, all we Spiritualists, to our holy of holies and there commune with the divine on both sides the lifted curtain. In that silent hour we "come so near the Veil that separates mortal from immortal, time from eternity, and men from their God, that we can almost hear the beatings and feel the pulsations of the Heart of the Infinite." Here we realize how the pride of today will crumble to dust in the vision of life's latest hour. When that hour comes, joy in material possession goes. When that hour comes, satisfaction in worldly honors reveals its unfounded vanity, its utter emptiness. When that hour comes, the plaudits of man have lost all meaning. In those closing moments of retrospect, what worthy thing remains? That is for us to determine now! for rest assured of this: as truly as God is in His  
(continued page 24)

# NEWS and VIEWS

by Beverly Houser\*

"Knowledge knows much but wisdom knows better," is a teaching of The Living Light philosophy which is demonstrated by, and reflected in the works of the world's most gifted philosophers, artists, and composers. It is the wisdom in the works of philosophers such as Aristotle, Plato, Descartes, the wisdom in a Michaelangelo sculpture, and the wisdom in a Beethoven symphony that sets them apart from the works of "men of knowledge." Just what it is in these creative geniuses that makes their work eternally relevant for man is explained by Schopenhaur in his treatise "On Genius" as "a peculiar kind of instinct, which drives the man of genius to give permanent form to what he sees and feels, without being conscious of any further motive." Spiritualists would call this "peculiar kind of instinct" an expression of the soul. Just how these creative geniuses created their works, where their ideas came from, and why they could see truth so clearly is of interest to Spiritualists, because many of these men have described extraordinary events which occurred in their lives that inspired them to create. Such extraordinary events include inspirations, visions, and dreams.

For example: Descartes, the father of modern philosophy, and mathematician, had a series of three dreams in 1619 in which he was left with the impression that the Spirit of Truth had opened to him the treasures of all the sciences. Thereafter, Descartes believed that "a unitary universal science would link all human



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yesterday; however, we must be of good hope and encouragement because the law clearly states, that repetition is the law through which change is made possible. In other words, when you have had enough, you make a change. Now all of life reveals that to us. Look at how many divorces there are in the world, and remarriages, of course, too. Take a look. So when we've had enough of anything, whether it's ice cream or marriage, it doesn't matter, we will change.

QUESTION: How do we account for remembrances of past lives on earth? And, is this for some the last incarnation on earth?

ANSWER: This philosophy has always taught, and still teaches, the law of evolutionary incarnation--that we pass through this planet, usually, one time, and we move on to other planets, and other spheres, and other universes, that we came from other planets to this planet. I know that there is the belief, and has been for many centuries, of a return to this planet. Well, personally for myself, I think one time around here is enough. But anyway, regardless of that, this planet offers to all of us what is known as faith. And we come here on varying grades of evolution, and we pass through this planet, and move on. Now the question is, "how do some people, if they do, become aware that they have lived on this particular planet before?" There is such a thing as universal consciousness, and whoever becomes receptive to universal consciousness, has the awareness of everything that has ever been, that is, and will ever be. For the

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# *The Strange Story* of

by Anita Silvani

## AHRINZIMAN

### CHAPTER X

THE KINGDOM OF THE DARK ANGEL; DOOMED TO  
THE BLACK PIT; HOW WILL POWER SAVED ME; THE  
SPORT OF THE ANGELS OF INFERNO; THE ORIGIN  
OF DARK ANGELS; WHY THEY ARE BEYOND  
MORTAL KEN

*Continued from last issue--*

"But," said I in astonishment, "doth not a clairvoyant in the flesh, whose Spiritual sight is for the time unveiled, behold Spiritual things while yet attached unto his Earthly body? Have not I myself wandered through the spheres while thus attached to my body by a magnetic thread?"

Mansur laughed a low, soft laugh as he replied: "Thou mayest have wandered through the Earth Plane, and even have caught a glimpse of the second Spheres that lie above and below the Earth Plane, but thou didst not pass higher or lower than its first circles. Thou didst imagine without doubt that thou didst visit Spheres of wondrous exaltation when thou didst behold thy visions in the Temple, but in very truth till all ties between Man and Earth be severed the Soul of man cannot penetrate beyond this second Sphere, which like a twin belt of light and dark encircles the great Earth Plane. What the clairvoyant beholds are the scenes of the higher or lower Spheres projected upon his

mental sight like pictures from the Minds of Spirits who dwell in those Spheres. For the time being these Spirits so dominate thy mental vision that the sense of thine own individuality is lost, and thou dost imagine that it is thou who seest with thine own eyes the scenes these Spirits looked upon. Thou mayest say that thou art taken in spirit into these scenes, and in one sense it would be true, but thy Spirit doth not travel from earth to them. When thou wert in the Temple this controlling mind was either that of the Priest who stood by thy side while thou wert in the trance condition, or that of some Spirit in close accord with him. It might even be that the minds of both Priest and Spirit influenced thee at once, if they were both in accord with each other and with thee. With Jelal-ud-din it was I who projected the images upon thy mind, for I so dominated Jelal-ud-din that in his studies he had learned to sink his own will altogether and keep his mind in abeyance while thou wert in thy trance. He knew enough to know how great is the need for such passivity in those who surround the Earthly clairvoyant. Thus his mind became for the time as colorless as a globe of clear water, and had it not been that death intervened between us I should, through thine aid, have been able to give him the teachings he sought, and shown through pictures which I would have projected upon thy mind, the true conditions of Spirit life in those spheres which I have myself beheld.

"As for thee, Ahrinziman, thou shalt behold the Spirit World for thyself, and shall wander in spheres where I, alas! may not enter. I have consulted the stars on  
(continued page 17)

*Dictionary*  
*of*  
*The Living Light Philosophy*



*D*isaster -- Reveals a lack of the continuity of effort being made in the area of the disaster.

*G*reed -- The function that guarantees the continuity of need is known as greed.

*G*ratITUDE is a demonstration of the faculty of care and application of the law of appreciation.

*P*ride is an expensive luxury that a wise man cannot afford.



*continued from page 15*

thy behalf, and lo! I perceive that thy Star is already in the ascendant. As for Jelal-ud-din and myself, our paths lie yet through darkened ways. In my control of him I dragged his moral nature down for the satisfaction of mine animal passions, even while I elevated his intellectual powers, and Jelal-ud-din I must raise ere I can take one upward step myself. We are alike wallowing in the mire of our own corrupt desires, and I question whether either of us will ever have a sincere wish to rise to better things."

He spoke as though he was uttering his own thoughts aloud rather than addressing me, and I could see that he had almost forgotten my presence.

## CHAPTER XI

### MANSUR'S SACRIFICE TO SAVE ME

Our further conversation was interrupted by a burst of the ear-splitting music, which announced that the sport was about to begin. The two Angels having ascended the marble steps, and seated themselves upon two bronze seats in the form of winged beasts, an immense canopy of black and crimson was held above their heads by a number of slaves. At a signal from the Angel of the Red Star the arena became filled with savage animals, or rather the spiritual counterparts of what had been such animals in Earth life.

They appeared to rise from the ground as though they had been imprisoned in it, and at once, and with great ferocity, attacked each other, while the dark, degraded spirits who formed the spectators

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# THE PENETRALIA

BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS

*by Andrew Jackson Davis*

*QUESTIONS ON THE MYTHS OF MODERN THEOLOGY*

*Continued from last issue--*

Bishop Faustus, an eminent Christian writer of the fourth century, declares that "It is certain the New Testament was not written by Christ himself, nor by his apostles, but a long while after them, by some unknown persons, who, lest they should not be credited when they wrote of affairs they were little acquainted with, affixed to their works the names of apostles, or of such as were supposed to have been their companions, asserting that what they had written themselves was written according to those persons to whom they ascribed it."

Scaliger asserts that "The fathers put into their Scriptures whatever they thought would serve their purpose;" and Mosheim, the great Church historian of modern times, tells us, in vol. i., p. 109, that the "opinions, or rather the conjectures of the learned, concerning the time when the books of the New Testament were collected into one volume, as also the authors of that collection, are extremely different. This important question is attended with great and almost insuperable difficulties to us in these later times."

In regard to the books of the Old Testament there seems to have been equally

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began excitedly to wager themselves and such possessions as they had upon the chances of the different brutes they had selected.

This part of the entertainment was, however, of short duration; the real interest of the show was yet to come.

As soon as victory had declared itself in favor of one of the animals, it was at once caught in a big net and drawn to one side of the enclosure, and when the last contest between brute and brute was over a number of human spirits were driven like cattle into the enclosure, the nets were withdrawn from the savage spirit animals, and a fierce contest between them and the spirit men took place, closely resembling similar contests on Earth, only that as one brute after another was killed fresh ones were brought from the caverns below and let loose upon the unhappy men till the arena looked like one vast shambles.

Here no quarter was given, nor expected, and both sides fought till their antagonists were a mere mass of bloody fragments, even as I had seen on the occasion of the conflict between the animals of the Astral Plane.

I was still watching with feelings of mingled aversion and surprise, when Mansur touched my arm, and drawing me aside from the rest of the throng, led me to a small cavern which seemed hallowed out of the black earth beneath the crowded arena.

My conductor's manner had undergone a considerable change since he had discoursed so philosophically with me a short time before. He was visibly agitated, and seemed torn by two conflicting emotions, one of which caused him to wish to do me a

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# A Guide to Mediumship

## and psychical unfoldment

*E. W. & M. H. Wallis*

### *Chapter VII.*

#### *SOME IMPORTANT CONSIDERATIONS*

*Continued from last issue--*

For this special purpose the superior intellectual faculties are more directly appealed to, agreeing with sublimity, reason, foresight, form, and color. Then a certain amount of physical energy is liberated as a sort of steam to direct the machinery when the handle is turned. Presently the wheels are set in motion, and mentally there is an awakening of the higher faculties. Spiritually speaking, it is necessary that the spiritual element, the consciousness of the individual--that is himself--shall be held as quiet as possible. In some cases the spirit is withdrawn from the body, though sufficient relation is maintained so that the individual may remain a living being. In other cases, where it is not necessary that the spiritual presence should be withdrawn, it is reduced to a state of quiescence. This is absolutely essential, because in proportion to the activity of consciousness in the individual, so are the difficulties of control. It is true, more or less, of all bodily and mental faculties, for just in proportion as the individual resumes

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friendly turn, and the other to fear the possible consequences to himself.

"See, Ahrinziman," said he, "the Dark Angel is in much wrath with thee, for he looked to draw Artemisia here with thee, and now he thinks she will escape him. Thou wilt be called upon shortly to take thy place with others in yonder scene of savagery. Thou wilt have to depend upon thine own powers for victory. But seek not to fight them with the weapon of thy brutish strength, for, lo! in mere brute force the lower animal is superior. Fight them with the weapons of thy intellect and thy will. Subjugate them by the force of thy higher nature, thy stronger Soul!" He paused and looked around with an expression of furtive cunning ere he continued hurriedly, drawing as he spoke a small slender black wand, not two feet long, from his sleeve and putting it in my hand: "Behold I will even give thee this, the greatest gift anyone could give thee here. See, it is the sceptre that was used by a great Spirit who once dwelt within this sphere, and ruled with a power that transcended even that of our Master the Dark Angel, before whom thou must appear. Long hath the owner of this wand departed from this sphere into higher regions; he is one of those who hath elected to climb the upward path, despite its toils, but this wand bears yet the influence of his personality, and carries with it the power of his stupendous will. If thou dost hold the point of it in thine hand and suffer the wand itself to rest upon thine arm, under the powerful spell that it doth exercise even these savage brutes must tremble before thee, and even the Dark Angel himself will scarce prevail against thy will.

*(continued next issue)*

# Discourses

from

## *The Spirit World*

*Dictated by Stephen Olin through Rev. R. P. Wilson, 1853*

### DISCOURSE IX

#### THE TRIUMPH OF TRUTH

*Continued from last issue--*

3. It is a truth that on earth man possesses an animal or physical nature, which serves as a present or temporary habitation for the indwelling spirit. This department of man's nature is conferred for the purpose of eliminating and individualizing the spirit, the original elements of which coexist in all things surrounding man on earth.

4. It is a truth that man's physical nature is liable to be disordered in the present elementary condition of the earth.

5. It is true that mankind through ignorance have perverted their "way on the earth;" though God never "repented that he made man." This perversion of human nature is owing to an undeveloped state of mankind, and not only affects unfavorably mankind on earth, but will retard the progress of the spirit, though it cannot prevent its endless progression or ultimate happiness.

6. It is a truth that a knowledge of the facts above alluded to will not increase evil among mankind, as many may suppose; for, first it will inspire the hope of a



glorious immortality in the hearts of the most wretched and miserable, which hope always exerts a refining and elevating influence upon those who receive it. Secondly, it will inspire gratitude in the most insensible heart, and will operate as an incentive to a virtuous life. Indeed, such a manifestation of Infinite Love and kindness, for repeated wrongs and insults ("though committed ignorantly and in unbelief") can not but find an echo in the most degraded heart of humanity, which will arise as grateful incense to the approving Father of all mercies.

7. It is true that mankind, when convinced of error and wrong doing, should reform their lives--should seek wisdom and secure happiness by living in conformity with relations upon which happiness depends.

8. It is true that error is interwoven in all records of earth's past history, whether called sacred or profane. Hence it is the duty of all to discriminate -- to "prove all things and hold fast the good;" and whatever principle shuns investigation bears the mark of its own weakness and error. Truth, on the other hand, seeks the light though modest in its pretensions; and it should be prized for its own sake wherever found.

9. It is true that at the present time on earth truth and error are so blended, that the people are unsettled in doctrine, and are truly "as sheep having no shepherd." In this conflict of light and darkness, the dawn of a brighter day has commenced, and its beams are already dispelling the mists of error which have for ages enshrouded the minds of men.

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## QUESTIONS & ANSWERS

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only limit to that awareness is the over-identification with the present incarnation.

The more attached, and the more identified we are to this particular incarnation and this particular experience, the less we view of what really is. Now you take a person that becomes extremely attached to their husband or wife, their world begins to shrink until all they have is that particular person. Their interests shrink, and their world shrinks, and it becomes a very difficult process to grow through.

We are here in our evolution to expand our consciousness, to become aware of the eternal moment of now. As long as we identify in this limited view that we have chosen for ourself, then that's all that we can experience, is what can exist in that limited view. Time and space is only the delusion that we have created for ourself. But because we have created this delusion of time, and because we have created this delusion of space, because it is "our child," we can change it. (*cont'd next issue*)

## TODAY'S VIEW OF PAST FRONTIERS

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universe; as surely as the laws of God, of Nature, stand--so sure it is that in that final hour the only thing which can give the memory peace, will be such consciousness as we have earned that we--careless of reward, careless for gratitude, to be received, careless for any recognition or appreciation, but purely for the love of it--have done the right just for right's sake, have been true just for truth's sake. For this alone is real sincerity. This alone is love to God. Such is the Message of Spiritualism. □



## DIVINE HEALING PRAYER

I accept that the Divine Healing Power  
Is removing all obstructions  
From my mind and body  
And is restoring me to perfect  
Health, wealth and happiness.  
My heart is filled with gratitude  
For the Divine Law of Acceptance  
That is healing both present and absent ones  
Who are in need of help.  
Peace, the power that healeth,  
Is guiding my thoughts, acts and deeds,  
As God and I go hand in hand  
Living a life of joyful abundance.



## VIEWS OF OUR HEAVENLY HOME

*continued from page 8*

universal humanity--whose names and "Exordia," you will remember, were and are recorded and published in the book "Present Age and Inner Life." But it is humiliating and a great sorrow to be compelled to record the fact, that during the past fifteen years (owing to causes which you can read in "The Fountain," chapters XIII. and XIV.), the most distinguished members of this Brotherhood have been frequently constrained to suspend their personal intercourse with those who should be their most loyal and trusty earthly friends. But now we must turn our eyes and thoughts in other directions.

*(Continued next issue)*



## NEWS & VIEWS

*continued from page 12*

knowledge together in an all-embracing wisdom." Although written over 30 years ago, man today can recognize wisdom in Decartes' writings on "Rules for the Direction of the Mind," and "Method of Rightly Conducting the Reason." Wisdom truly does know more than knowledge--for wisdom lives in the soul of man--not in his mind.

Because modern man has placed so much faith in the method for discovering truth called "scientific experimentation," other methods of receiving truth have become classified as unreliable because they cannot be proven in a laboratory. However, the philosophers of old knew truth, expressed wisdom, and knew that "knowledge knows much, but wisdom knows better." □

# *Spiritual Healing*

*by Miriam Bostwick\**

It is stated in The Living Light philosophy that "procrastination is the thief of all time." Stop and think for a moment how much effort one directs toward the thing around which one puts off doing. If it is something that tugs strongly at his conscience, then the thought is frequently entertained, oh, I must do that. He plays with the thought--he fascinates with it. This little control game that the mind plays uses much energy, usually far more than actually would be consumed by just doing what we are supposed to in the first place. These games are played by the mind that it might maintain control over our eternal soul. We become the victims of the games we play, for what we entertain in though directly affects our health.

Patterns of procrastination frequently are well entrenched, and only by moment-to-moment effort to live by the philosophy, "when we have something to do, just do it," will we free ourselves. The healing energy will then flow freely through us.

It must mean more to us to do what we should do because it is right to do it, than it means to have our minds remain in control over our eternal soul. We must become aware of the negative energy we get from people who are inconvenienced by our procrastination and know there are positive ways to get energy. These devices of the mind do not bring peace and freedom and good health. They bring the opposite. The streets of hell are paved with good intentions and broken promises. When we have had enough of misery, we will make the necessary changes.□




*continued from page 20*

sway over any part or parts of his body, just in that proportion is control prevented for the work in hand. Thus, bodily and mentally, the links are completed that enable us to build up, step by step, the complete result, which is called a "Control."

When we remember that the more nearly the spirit and medium approach, or resemble each other mentally and morally -- the more perfect the psychic sympathy; the more rhythmic the magnetic vibrations -- the more successful will be the transferences and inspirations enjoyed by the sensitive, we shall see how difficult it becomes to eliminate the influence of the medium from the results. The character and quality of his psychic sphere must, to a large extent, determine the nature of the manifestations, and where mutual sympathies and aspirations constitute the basis of rapport, or union, the blended forces of spirit and sensitive will be so harmonized that it will be well-nigh impossible even for the sensitive to say exactly where he leaves off and where the spirit begins. So long as no definite claim is made that the communications emanate from a given individual in the other state, they can be taken for what they are worth on general grounds, and allowance can be made for the well-known fact that mediums of necessity give a tone and color to the expressions made through them, just as the character and quality of the instrument affects the music that is produced by its means.

(continued next issue)

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*continued from page 4*

"In those known as simply physical mediums, that is mediums with whose assistance purely physical phenomena alone are produced, such as the moving of tables or carrying in the air of musical boxes, and similar feats, this peculiar essence exists, but in a form too coarse to be suitable for materialization, which requires a certain degree of refinement in the essence. In them it is like a coarse raw alcoholic spirit, but in the true materializing medium it is like the same spirit redistilled, refined, and purified, and the purer this essence the more perfect will be the materialization.

"In many mediums there is a combination of the physical and materializing powers, but in exact proportion as the coarse physical manifestations are cultivated so will the higher and finer forms of materialization be lost.

"It is erroneous to imagine that in true materialization you are getting merely the double of the medium transformed for the moment into a likeness of your departed friends, or that the emanations from the sitters must always affect the appearance of the resulting spirit forms. They can only do so when from some cause there is a deficiency of the special essence, or an inability on the spirit's part to use it. In that case the atoms retain the personality of those from whom they are taken, because the spirit is unable to stamp his identity upon them, as a wax image, and until it be melted into a new mold, it will retain the impress of the old. The possession of a sufficient amount of the special essence, on the one hand, enables the spirit to clothe himself in the atoms



# *Serenity Students*

by Sandy Haeberle\*

Each of us must eventually ask, "What is the purpose of my life? What meaning do all my life's experiences have?" The answer comes "to accept a greater authority in my life than the limited importance of my so-called ego." Through this acceptance of the Divine Infinite Intelligence, or God, we take our place in the universe and as a part of the whole begin to serve God, the great sustainer of all life. As we serve God, we are served by "the greatest servant of all." We identify with the wholeness of life by serving and are freed from over-identifying with self. And so it is as we give ourselves to God, with His great compassion He frees us from all the frustrations and ill health that our minds offer.

It takes so little effort to help another or to stand up for principle. And yet, so many of us find it so difficult. We have held to the mind and self for centuries, but now we have been shown the way. Through greater service to God we are freed from self where we realize our wholeness with life and forget the separateness of self.

*Editor's Note--The SENTINEL extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk.\**

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he has collected and to hold them long enough to melt them, as it were, into a state in which they will take on his identity or the stamp of his individuality. The absence of the essence, on the other hand, causes him to lose his hold before the process has become perfect, and thus he has either hastily to show himself with the imperfect resemblance he has obtained, or else not show himself at all.

"A familiar simile may explain my meaning. When in the earth body, you took flesh, vegetable, and fluid substances ready formed, containing in a prepared state the elements your earthly body required for its renewal, and by the process of digestion you changed these substances into a part of your soul's earthly envelope. Well, in the same way a spirit takes the ready prepared atoms given off by the medium and members of a materializing seance, and by a process as rapid as lightning artificially digests or arranges them into a material covering or envelope for himself, bearing his own identity more or less completely impressed on it according to his power.

"Every atom of the body of a mortal is drawn, directly or indirectly, from the atmosphere around him, and absorbed in one form or another, and after it has served as clothing for his spirit, it is cast off to be again absorbed in another form by some other living thing. Everyone knows that the material of the human body is continually changing, and yet many think to establish a prescriptive right to those atoms thrown off during a seance, and say that when a spirit makes use of them and adapts them to himself, therefore he must have taken their own mental characteristics along with the

# In Our Thoughts

Brother  
Francis M. Gelardi, Jr.  
Isa Goodwin  
Kathleen Graves  
Jonquil  
H. C. Kindred  
Joe Nannery  
Erick Othberg

Greta Othberg  
Shelieka  
Snowflake  
Carlotta Sosa  
Britta Uppstrom  
Mrs. Waldeck  
Esther Yavneh

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name is requested.

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material atoms, and thus they try to persuade themselves that the spirit appearing clothed with these material atoms is no more than the thought emanation of their own bodies and brains, ignoring, or more probably not knowing, that the grossest material, not the mental atoms, were all the spirit wanted to clothe himself with and make him visible to material sight.

"The best proof of the fallacy of this supposition is the constant appearance at seances of spirits whom no one present was thinking of at the time, and in some cases even of people whose death was not known to any of the sitters.

"The essence or fluid ether of which I have spoken is that which principally holds the material body together in life. At death, or, more correctly, the withdrawal of the soul and the severance of the connecting link between it and the material atoms of the body, it escapes into the surrounding atmosphere, permitting the particles of that body to decay. Cold retards the dispersal of this fluid ether; heat accelerates it, thus explaining why the body of any animal or plant disintegrates or turns to decay sooner in hot than in cold climates, and thus becomes nourishment fit for those minute parasites which are stimulated and fed by a lower degree of life magnetism which is retained in the discarded envelope. This essence or fluidic ether is akin to the electric fluid known to scientists, but as electricity is the product of mineral and vegetable substances, it is lower in degree and much coarser in quality than this human electricity, and would require the





## Children's Corner



We have to accept something greater for a better life; like being grateful for the crumb for that guarantees more abundance in our lives.

Michael Field, Age 10

God and the angels sleep with me when I go to bed. I love God.

Heather Truitt, Age 3

I see God up in the sky. He watches over me.

Donna McCormick, Age 3

The greatest gift is yourself. The only one who makes you mad, or happy is yourself. People blame others when ther mad, but when they're happy they give the credeit to thereselves. Before you can understand some-one else you have to understand yourselve first.

Patrice Karlsen, Age 12

When something you don't like happens you usually blame it on someone or something else, but it is realy our own fault for making a judgement. A judgment is caused by the uneducated ego. The judgements are created by fear based on lack of understanding.

Stacey McKenzie, Age 10

*In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes.*

*continued from page 34*

combination of other elements to make it assimilate with the human.

"This higher essence is an important element in what has been termed the Higher Animal Life Principle as distinguished from the Soul-Life Principle and from the Astral Life Principle. Each of which we make distinct elemental principles.

"In trance, either artificially induced or occurring as part of the spiritual development of certain sensitives or mediums, this life essence remains with the body, but, as life is required for its need in trance, a large portion may be taken away and used by the controlling spirit to clothe himself, care being taken to return it to the medium again. With some mediums this life essence is given off so freely that unless care is taken to replace it continually, the death of the physical body will soon follow. In others it can only be extracted with great difficulty, and in some there is so small a quantity that it would be neither wise nor useful to take any away from them at all.

*(continued next issue)*



Oh God, help me to accept the divine right of all expression. Let me not judge its worth, but strive to understand its true cause.

--The Wise One

# Ghost Land

RESEARCHES INTO THE MYSTERIES OF OCCULTISM

Translated & Edited by Emma Hardinge Britten  
1897

CHAPTER IV - ZWINGLER - HOW TO TRACK A  
MURDERER. Fulfillment Of A Promise -  
Remarkable Psychometric Or Clairvoyant Feats  
Tracing A Criminal By the Necktie He Wore  
While Committing The Crime

Continued from last issue--

"No doubt, too, some can see only the body, and some, like Zwingler, can see the soul as well but both live only when they are together, and die when they are apart;" then contracting his singularly mobile features into a frown of impatience, he cried, irritably: "But why torment me, and make me talk about things which only you great professors understand? I hate to think of death! I loathe it! I--I--fear it! I wish I could live forever!" He was about to dart away, when Professor von Marx laid a hand gently on his arm; the Bohemian stood as if transfixed, and muttered submissively: "What more would you have of me, great professor?"

"Only to accept this slight token of my young friend's gratitude for your instructive narrative, adept," replied the professor; and as he spoke, Herr von Marx suddenly snatched from me the locket and ribbon of poor Constance, which I held as he had desired during the interview in my right hand, and which he now as suddenly placed in Zwingler's.

Before I could pronounce a word of  
(continued page 39)

# FABLES for young and old

## THE FATAL MARRIAGE

The Lion was so grateful to the little Mouse for setting him free that he told the Mouse to choose anything that he wanted.

The Mouse was so ambitious that he said he wanted the Lion's daughter to be his wife.

The Lion knew that this was a very stupid choice, but a promise was a promise; so he sent his daughter, a big Lioness, to marry the Mouse.

She became so excited when she saw her husband-to-be that she accidentally stepped on him and that was the end of the Mouse.

*The Point: What we want is not always the best thing for us.*



## GHOST LAND

*continued from page 42*

Paul to the Crinthians:

"There is a natural body, and there is a spiritual body."

"Behold I show you a mystery; we shall not all sleep, but we shall all be changed."

"Death is swallowed up in victory."

"O death, where is thy sting? O grave, where is thy victory?"



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protest against this unexpected and unwelcome transfer, the Bohemian clutched at the ornament with an action so fearfully spasmodic and full of terror that the words I would have uttered died on my lips. "Death again!" he murmured, with a strangely piteous accent. "Ever surrounded with the faded blossoms of dead souls! But ah me! this was a cruel death--so young, so fair, so innocent; and destroyed, too, by the hand of him who should have been her protector! Herr Professor, I shall not have far to go to trace the soul of him who did this deed of blood."

"Hush, little dreamer!" responded the professor in a low whisper; "your art is not wanted here. Stay! I will change the token. Keep this, and be silent or worse will come of it." So saying, he took back the locket, returning it to me, and placing several gold pieces in the Bohemian's hand, led me through the crowd, who opened reverentially to permit the learned and celebrated Professor von Marx to pass through. At home again, and in our quiet lodgings, the ominous silence of the last hour between Professor von Marx and myself was thus broken:

"What think you of Zwingler, my Louis?"  
 "What think you of the death, or rather the murder, of Constance Muller, my master?"

"Ever harping on a worn-out theme and irrevocable past, silly boy! Science must, will, and shall have its martyrs, Louis, and woe to the progress of the race when idle emotion erects itself to match the interest of science. Enough, once and forever, of this. What think you of Zwingler?"

"He fails to convince me that an  
*(continued page 41)*

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as much dispute during the first few centuries; and many Chronicles, Psalms, Prophecies, etc., were alternately accepted and rejected by the different councils, amid fierce and fiery altercations.

But while so much doubt attends our investigations in the misty labyrinths of ecclesiasticism, many things seem to point out the Nicene Council as the one whose decisions were most authoritative respecting "the inspired book." The catalogue of Eusebius, who was the most influential and learned among the attendant bishops, was exactly the same with the modern one; as was also that of Athanasius, who was his contemporary. This council is alluded to by both ancient and modern Church historians, as "one of the most famous and interesting events presented to us in ecclesiastical history," and a universal regret is expressed that its acts were not committed to writing with more fidelity. It is a well-established fact that it was attended by an indefinite number of belligerent partisans, whose bitter animosity was quelled only by the fiat of Constantine. This sanctimonious despot, after presiding over the refractory Conclave, and controlling its decisions, finally asserted that "what was approved by these bishops could be nothing less than the determination of God himself; since the Holy Spirit residing in such great and worthy souls, unfolded to them the Divine will." (Socrates School Eccl. Hist., b. 1, c. 9.)

*(continued next issue)*

Men without love are like bread without yeast, all flat. --The Wise One

*continued from page 39*

apparition of a soul after death is only an apparition."

"Then, what is it before death?"

"Ay! that is the question."

"Zwinger's mode of philosophizing is crude enough," replied Herr von Marx, "but the philosophy itself is unanswerable. Like the lower elementary, and the higher planetary spirits, the soul of man, the finest and most sublimated condition in which matter exists, inheres to all coarser forms, and thus it can be sensed, as Zwinger calls it, as a sphere, sometimes in a premonition of its approach, sometimes in the feeling of indescribable repulsion or attraction which we conceive for strangers even as we approach them. Sometimes it can be seen in bodily shape, apart from the body, as in the case of the 'double' or 'atmospheric spirit,' and sometimes it can be seen when it has separated entirely from the body, ere it is quite resolved back again into its original elements. And that is all."

"And that is all," I mechanically repeated, feeling, however, at the same time that the professor was merely reciting a lesson in a form of words familiar to him, whilst his spirit was strangely abstracted, and his manner vague and wandering as my own when I repeated his last words.

As the professor and myself relapsed into deep silence, a chiming as of very distant bells was heard in the air; a singular radiance stole through the dim twilight obscurity of our chamber, and settled about the table strewn with books, at which in the past morning I had been studying. That radiance at first appeared like a shimmering fire-mist; then it expanded, bent, curled, and at last seemed

*(continued page 42)*



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to weave itself into the proportions of a human form. Clearer, brighter, stronger grew the vision; at length the mists rose and parted on either side, disclosing the shining apparition and seraphic features of the dead Constance. Turning her head of sunny glory towards me, she smiled, then bent over the table, seemed to select with swift action a large Lutheran Bible from a heap of books, opened it, took up the locket and black ribbon I had laid down near it, placed the ribbon like a mark across a certain passage, pointed to it emphatically three times, then with such a smile as a mortal could scarcely look upon and live, she vanished from my sight, and all was darkness.

What followed, or how long I may have remained unconscious of life and being, after this vision, I know not; but my first recognition of passing events was the sound of Herr von Marx's voice speaking through the thick darkness of night which had fallen upon us, saying: "Louis, are you awake? Surely, I must have had a long sleep, for the night has stolen upon me unawares."

The janitor at this moment entered with lights, and placed them on a sideboard. The professor, rising from his seat, took one of the lamps, and advancing to the table held it over the open Bible, at the same time exclaiming in a voice of singular agitation: "Who has marked these passages?"

I advanced, looked over his shoulder, and saw him remove the ribbon and locket, only to disclose several deep black lines, drawn as if with Indian ink, beneath the following words, in different parts of the fifteenth chapter of the First Epistle of



✦ humor is the salvation of the soul ✦

### The Upper Hand

Teacher: "Today's lesson teaches us about the influence of kings and queens. But there is a higher power. Who can tell me what it is?"

Johnny: "Aces."

--Capper's Weekly

*The Living Light Philosophy: The God of Gods in pure humility granted man the right to deny him.*



## SERENITY EVENTS

*DINNER PARTY: JANUARY 17, 1981 at 6:30 p.m.*

*The country of France will be honored at Serenity's January dinner party. All are cordially invited to attend on Saturday, January 17 at the American Legion Log Cabin in San Anselmo. The social hour will begin at 6:30 p.m.*

*BAKE SALE: JANUARY 24, 1981 --all day*

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